



Honey-Mustard Chicken

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Honey, mustard and curry powder transfer an ordinary roast chicken into something extraordinary. Make it a meal: Serve with Golden Couscous with Currants and steamed carrots.

4 servings, 2 pieces each | **Active Time:** 10 minutes | **Total Time:** 45 minutes

Ingredients

- 3 tablespoons honey
- 3 tablespoons grainy mustard
- 1 tablespoon canola oil
- 1 1/2 teaspoons curry powder, preferably Madras
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 3-pound chicken, skin removed, trimmed and cut into 8 pieces

Preparation

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil, coat a rack with cooking spray and set it on top.
2. Combine honey, mustard, oil, curry powder, salt and pepper in a small bowl. Brush chicken pieces all over with the mustard glaze; set the pieces on the rack.
3. Bake, basting occasionally, until the chicken is golden on the outside and no longer pink in the center, about 35 to 40 minutes.

Nutrition

Per serving : 397 Calories; 8 g Fat; 1 g Sat; 3 g Mono; 158 mg Cholesterol; 15 g Carbohydrates; 64 g Protein; 1 g Fiber; 699 mg Sodium; 735 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 other carbohydrate, 9 very lean meat, 1 fat